



# THE REZOUND

## Travelling our Territory!



Six youth between the ages of 9-13 and five adult chaperone guides made the exciting 2nd Annual Birch Island Territory Canoe Journey from July 17th-21st, 2018 throughout beautiful Whitefish River First Nation. Land and history teachings were shared with the youth at the 7 Fires Youth & Elders Centre on the evening of July 16th, 2018 by local storyteller and knowledge keeper, Councillor Esther Osche. Esther painted a historical picture of the locations the youth would be travelling to, in preparation for their journey.

The journey began at the Old Birch Island Station Grounds docks and the first day's destination, which included five portages, was The Potholes. The 11km paddle tested the novice paddler's teamwork, communication and resiliency skills as the wind proved to be against them. The team from Raising the Spirits as well as NAADAP worker Michael Aelick, met the crew at The Potholes to do ceremony on the morning of the second day. The journey continued from the Potholes, 10 km to Indian Point Reserve, where they camped for the night. After a much deserved swim break, everyone settled in to camp for the night. The third leg of the trip was another 6km from Indian Point Reserve to Wardrobe Island, where the youth were able to take in first hand, WRFN's historical settlement. Participants learned to make medicine pouches with Community member Caroline Jacko that night on Wardrobe Island. Two foot waves challenged the youth on what was the final leg of the journey from Wardrobe Island to Dreamer's Rock. At this stop in the trip, the youth learned how to set and retrieve a net, and also how to clean the fish, to be enjoyed in a fish fry feast later on. Unfortunately, the next morning prevailing winds

drifted smoke from on-going wildfires throughout our territory, so the Guides decided to end the trip at Dreamer's Rock.

Miigwetch to Candice Assinewe, Community Wellness Worker, Crystal Clark-McGregor, Right to Play Worker, Sydney Migwanabi, Recreation Coordinator, Jordi Jacko, Outdoor Guide and Rob Young, Outdoor Guide for encouraging our youth on this journey! A special thank you as well to our supportive Community Members, Caroline Jacko, Ignatius Pitawanakwat and Leslie King as well as our WRFN Health Staff and Public Works Department.

Congratulations to our youth participants Nico Jacko, Novalee Assinewe, Max McGregor, Tecumseh Paibomsai, Brandon Visitor and K.C. Migwanabi for taking part in this incredible experience!

**Please note that the deadline for submissions  
for the next issue is  
Wednesday, August 22nd, 2018 at noon.  
Miigwetch!  
[rezoundeditor@whitefishriver.ca](mailto:rezoundeditor@whitefishriver.ca)**



## Health & Social Services Manager - Leslie McGregor

### From the Desk of the Health and Social Services Manager...

Now that it's summer things have really heated up! That was quite a heat wave we had at the beginning of the month. I am grateful everyone is okay! We opened the Community Centre for people to cool down and provided ingredients for sandwiches and BBQ. We also did health checks on our more vulnerable people in the community. I have included some information on the difference between heat exhaustion and heat stroke; however, if you do have questions and are not feeling well, please get checked out by a Health Professional.

There have been numerous activities this month especially for the children and youth. We started off with KICK Camp which was then followed by Day-star camps. We had children and youth take part in a canoe trip around Whitefish River territory. Thank you Jordi Jacko for planning the event alongside Crystal Clark-McGregor and providing an exciting opportunity for our children and youth to learn about our territory. Ester Osche had started off the trip with stories of our land, and we had Carolyn and Ignatius do crafts and fishing/netting respectively

with the kids on Wardrobe Island. The kids helped with cleaning the potholes and participate in a water ceremony. Many thanks to Carmen Pitawanakwat and Stephanie Peltier for helping us! It is important to ensure that our kids know the value of our land and water.

As July nears to a close, we are excited about the events and activities planned for August. We have the Traditional Canoe Journey which is in collaboration with Serpent River First Nation and Sagamok First Nation, Painted Turtle Camp, and Science Camp. We are also planning a Back to School event for our students. All of which, I hope goes well and we have lots of kids participating. We also have traditional healers coming – Jimmy and Vera George and Abraham Bearskin. Contact Candice Assinewe for more information.

Lastly, we welcome three new summer students, Sam Jacko, Miles Sutherland, and Nevada Anwahtin, and look forward to a productive summer.

For more information I can be reached at the Health Centre at 705-285-4354 or through email at: [lmcgregor@whitefish-river.ca](mailto:lmcgregor@whitefish-river.ca).

Heat Exhaustion vs. Heat Stroke  
**What's the difference?**  
Learn the signs and symptoms of heat exhaustion and stroke and be prepared for the warmer months. Have fun and stay safe this summer!

HEAT EXHAUSTION	HEAT STROKE
Fatigue	Fatigue
Headache	Headache
Intense thirst	Confusion or fainting
Muscle weakness and cramps	Shortness of breath
Excessive sweating, cold, clammy skin	Decreased sweating, warm, flush, dry skin
Slow or weak heartbeat	Rapid heart rate
Confusion, anxiety, and/or dizziness	Decreased urination

**WHAT TO DO?**  
Find a cooler area, preferably with air conditioning or a fan.  
Drink water, if able.  
Place cold compresses on the back of the neck, on the wrists, and behind the knees, or take a cool shower.

**WHAT TO DO?**  
Call 911 immediately and help cool the person by removing any hats, shoes, or sweaters.  
Place cold compresses behind the neck, on the wrists, and behind the knees.

www.cogmfi.com



Caroline Jacko teaches K.C., Sydney & Brandon how to make medicine pouches on the Traditional Journey.

## August 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>WRFN Health Centre Visiting Health Professionals</b> 			<b>1</b> Dr. Jeffery (PM Only)	<b>2</b> Nurse Practitioner	<b>3</b> Diabetes Team	<b>4</b>
	<b>6</b> WRFN Offices Closed		<b>8</b> Community Health Nurse	<b>9</b> Nurse Practitioner	<b>10</b> Diabetes Team	<b>11</b>
			<b>15</b>	<b>16</b> Nurse Practitioner	<b>17</b>	<b>18</b>
		<b>21</b> Dietitian (AM Only)	<b>22</b> Dr. Cooper (PM Only)  Community Health Nurse	<b>23</b> Nurse Practitioner	<b>24</b> Diabetes Team  Foot Care	<b>25</b>
		<b>28</b> Dietitian (AM Only)	<b>29</b> Dr. Meikleham (AM Only)  Community Health Nurse	<b>30</b>	<b>31</b>	

\*unless otherwise indicated Visiting Health Professionals will be in all day\*

\* Community Health Nurse Lab/Blood Draw Clinic –  
Wednesdays @ 10:00 am  
Please bring your Requisition(s). Appointments recommended.





## GRAND OPENING! FITNESS CENTRE



**When? August 1, 2018**

**Time? 12:00pm**

**Where? Old Water Treatment Plant on  
Shawanosowe Street.**

You are invited to come and check out a new and improved facility and equipment! And receive information on how to get your personal Gym Membership!

## EVERYDAY GYM

For more information, please contact Candice Jacko-Assiniwe, Community Wellness Worker at the WRFN Health Centre at 705-285-4354 or via email at [candicea@whitefishriver.ca](mailto:candicea@whitefishriver.ca)

Stock Graphic



## SUMMER Fitness Challenge

### Weigh In Schedule

**Check Your Progress & Win Prizes!**

**Check in Dates! Mark Your Calenders!**

**3rd - August 8, 2018 (9am-6pm)**

**Final Weigh In - August 29th, 2018  
(9am-6pm)**

**LOCATION: WRFN Health Centre**

**There will be a health information session  
from 5:00pm - 6:00pm at each weigh in !**



For more information, please contact Candice Jacko-Assiniwe, Community Wellness Worker at the WRFN Health Centre at 705-285-4354

## Community Wellness Worker - Candice Assinewe

### Aanii/boozhoo Community Members

This past month we had the Summer Fitness Challenge check-ins, and I would like to say congratulations to all of you who are working hard on your health and well being. At each check-in, we had our top three who placed and received prizes. Please continue to work hard in reaching your fitness goals.

From July 17th-21st, 2018, I attended the Wauwauskinigaa Territory Canoe Trip with our youth. Chi-Miigwech to all the staff and youth that made this amazing trip happen. I feel so fortunate to have been a part of it. It was an amazing 5-day journey to be out on the land and on our waters exploring and spending time the way our ancestors did long ago. It isn't every day that we have the opportunity to unplug from the busy day to day technological lifestyle we have all become accustomed to and to take some time out physically, mentally, emotionally and spiritually and be with nature was very rejuvenating. It was an honor to support our youth in this way, and I would definitely do it again. Watching our youth face many challenges and overcome them, pushed me to do the same. Everyone worked together and supported one another I recommend it to others to take the opportunity when it comes to being out on the land.

This month we have some upcoming events. On August 1st, 2018 we will be having the **Grand Opening** to a much renewed and improved Fitness Centre! If you recall, the Fitness Centre is located at the old water treatment plant. The building has been renovated with all new equipment from Ak-

Fit Sudbury and is now ready for use. What this means is that Whitefish River First Nation will be investing in the operation and maintenance of our own gym, and therefore will not be in a position to continue to cover fees for the Espanola Recreation Centre Gym fees for adults 18-55 years of age. The gym will have a key card system; therefore, members will be required to pay a small monthly administration fee to attain a key card for access to the gym. For more information, please don't hesitate to contact me at the Health Centre.

We have our Summer Fitness Program Check in on August 8th, 2018 and our final Weigh in on August 29th, 2018 at which time we will announce our final winner of the New Sudbury Shopping Card. So just a reminder to keep working at your fitness goals as the final weigh-in is just around the corner. On August 14th, 2018, we have Daughness Migwans, Social Navigator, UCCM Police in the community to do a workshop called "Sticks and Stones," to discuss bullying and lateral violence prevention in our community. Dinner is provided, and I hope everyone can make it out for this important topic. Finally, from August 14th-17th, 2018 we have Traditional Healers Jimmy and Vera George in the community to do one on one sessions with community members as well as a ceremony. Once we have an agenda finalized, I will notify the community.

If you would like more information and would like to contact me about any of the programs or services that are provided, please contact me at the Health Centre at 705-285-4354, or you can email me at [candicea@whitefishriver.ca](mailto:candicea@whitefishriver.ca).

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**AUGUST 14th-17th, 2018**



**Jimmy, Vera George  
& Abraham Bearskin**

**There will be One on One Sessions at the WRFN Health  
Centre & a Ceremony open to Community Members  
(Please contact for details - AGENDA TBA)**

For more information or to book an appointment, please contact Candice Jacko-Assiniwe, Community Wellness Worker or Doreen Jacko, Community Health Rep. at the WRFN Health Center at 705-285-4354.





## Right to Play Worker - Crystal Clark-McGregor

July has been busy with many camps. In the past few weeks we were able to; attend KICK Camp, welcome the Day Star Group into the community, accomplish our 2nd Annual Territory Canoe Trip and finally our Summer Recreation Coordinator had lot of fun during her adventure week.

This month we have more to come such as; Jays Care Rookie League, Traditional Journey Canoe Trip, Painted Turtle and Science Camp! We also will be having our very first Back to School Carnival where students will be able to take part in games and win school supplies!

**Jays Care Rookie League** Program has been great teaming up with Nelson Wood and Mark Peltier from Noojmowin-Teg Health Center. Participants have a chance to win Blue Jays Tickets!!! You don't have to be a professional ball player in order to win. Come on out to learn the three fundamentals of baseball; throwing T stands, fielding position and batting while having some fun with games and challenges. Come on up to the ball fields on August 12, 19, and 26. Kids from ages 8-12 take the field from 9:30am to 11:30am, and ages 13 and up are from 7:30pm to 8:30pm.

The **Traditional Journey Canoe** trip will depart from WRFN on August 7, 2018 and will make its way to Serpent River First Nation for August 10th,

2018. We will be arriving in the evening, at their Annual PowWow Social. For this Journey we will be traveling on our old highways. We have limited spots but Elders, adults and youth ages 12 and up are welcome to participate.

I am very happy to be welcoming back **Painted Turtle** on August 13-17, 2018. This year we have the most outgoing, high energy, fun and loving ladies coming. Esther was able to work closely with these beautiful ladies in Toronto, so I am very excited to see what they will be able to create together for our youth during that week. Just a reminder for Parents and Guardians to expect a big performance on the last day of the camp, which is Friday August 17th, 2018. I hope you all can make it out to watch their show.

This year we will be changing it up with a **Back to School Carnival** on August 25th, 2018. There will be lot of games for all ages to choose from. I am open to any suggestions on games that you would like to see at the Carnival.

If you have any questions regarding any programs please feel free to email me at [righttoplay@whitefishriver.ca](mailto:righttoplay@whitefishriver.ca) or contact me at the Health Centre at 705-285-4354.



**PAINTED TURTLE CAMP**  
Ages 6-11 years old

**RIGHT TO PLAY**

**Dance** **GAMES** **Drama**

**August 13th-17th**  
**From 10:00am to 3:00pm**  
**At the Community Centre**

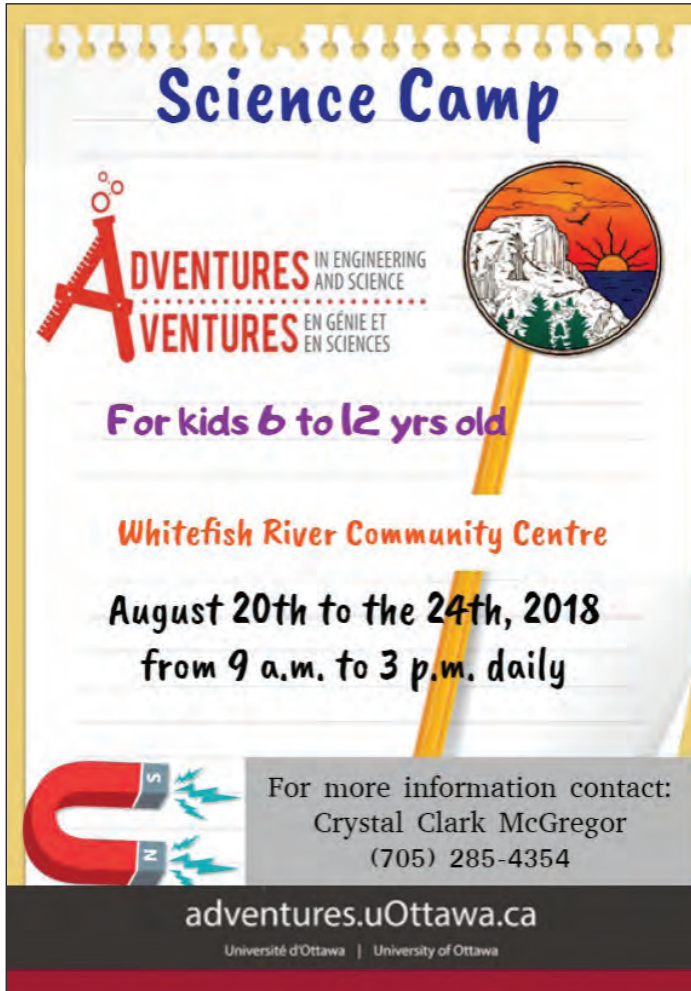
The painted turtle camp is designed to help children increase their creative potential and have fun!!

For more information please contact Crystal McGregor at 705 285 4354



**ATTENTION ALL STUDENTS**  
**SAVE THE DATE!**  
**BACK TO SCHOOL CARNIVAL**  
**AUGUST 25TH, 2018**  
**WIN SCHOOL SUPPLIES**  
**FUN GAMES**

For more information please contact Crystal McGregor at (705) 285-4354 WRFN Health Center



**Science Camp**

**ADVENTURES IN ENGINEERING AND SCIENCE**  
**VENTURES EN GÉNIE ET EN SCIENCES**

For kids 6 to 12 yrs old

**Whitefish River Community Centre**

**August 20th to the 24th, 2018**  
**from 9 a.m. to 3 p.m. daily**

For more information contact:  
Crystal Clark McGregor  
(705) 285-4354

**adventures.uOttawa.ca**  
Université d'Ottawa | University of Ottawa




**Route: Whitefish River FN to Serpent River FN**


**When: Staying at Sunshine Alley over night on August 7th**

**Ending at Serpent River Pow Wow on August 10th**

**Camping gear required**



Story telling, team work, land base activities, confidence building, games & so much more!

## Traditional Journey

OPEN TO ALL ELDERS, ADULTS AND YOUTH AGES 12 & UP!

Registration forms can be found at the WRFN Health Center



**RECONNECT WITH WATER & MOTHER EARTH**

TUE-FRI

# 7-10

AUGUST

Please contact Crystal McGregor at the Health Center (705) 285-4354 for more information.

## Mental Health & Addictions Worker - NNADAP Michael Aelick

Aanii, Joe Pitawanakwat of Creator's Garden will be in the community on Wednesday Aug 1st, 2018 for his last day of his three day visit, talking about local traditional Medicines.

On August 2-3, 2018, I will be heading out to work with Can-Bind developing resources for individuals and families dealing with suicide ideation.

On Tuesday August 14th from 6:00-8:00 pm at the Community Centre there will be a workshop on bullying called **Sticks and Stones**. We have all heard the children's rhyme, "but names will never hurt me." We wish to challenge that kind of thinking, as a

means to address bullying and lateral violence. This workshop will be facilitated by the Health Centre and the UCCM Police.

I will be attending training from August 14-16, 2018 on The Challenge of Change: Addressing Domestic Violence and Elder Abuse.

Finally, on August 28 & 29, 2018, I will be attending Level Two training in Violence Threat Risk Assessment.


If you have any questions or concerns, please contact me at the Health Centre @ 705-285-4354 or by e-mail [maelick@whitefishriver.ca](mailto:maelick@whitefishriver.ca).




## Wellness check-up and Immunizations

Start the school year off right with a wellness check up by your Community Health Nurse!

Please book ahead of time with Cathy at the health centre 705-285-4354



August 22nd and 31st  
WRFN Health Centre  
10am-3pm




Questions? Contact CHN Carolyn Strum at (705) 368-2182 ext 229

# Sticks and Stones

**Aug 14th, 2018**  
**WRFN Community Centre**  
**6 pm - 8 pm**

Whitefish River First Nation and UCCMM Anishinaabe Police will be hosting a workshop on Bullying.

We have all heard the children's rhyme,  
"but names will never hurt me!"

Challenge that kind of thinking and learn to address bullying and lateral violence.



Partners  
in Community Wellness



For more information please contact either Candice Jacko-Assiniwe, Community Wellness Worker, at [candicea@whitefishriver.ca](mailto:candicea@whitefishriver.ca) or Michael Aelick, Mental Health and Addictions Worker, at [maelick@whitefishriver.ca](mailto:maelick@whitefishriver.ca) or call the WRFN Health Centre at 705-285-4354.



# 25th Annual Whitefish River First Nation Wawaskinaga Traditional Gathering

At Sunshine Alley below Dreamer's Rock, Birch Island

## August 18-19, 2018



### Chitwaawiindaamidah Miinwaa Kwaamdaandaa Biish Honoring & Protecting Our Water

Master of Ceremonies: Dan Fox  
Host Drum: Biitaabaness Drum (hometown drum)  
Co-host Drum: High Eagle Singers from Wikwemikong  
Arena Director: Gerry Kaboni

Head Veteran: Gerry McGregor  
Head Fire Keeper: James Wahsquonaikezhik  
Head Elder: Gloria Oshkabewisens McGregor  
Head Dancers: To be picked at each session

**Sunrise Ceremony** from Thursday August 16th to Sunday August 19th

**Grand Entries:** Saturday at 1:00pm & 7:00pm, Sunday at Noon

Dancer and Drum Registration open Saturday & Sunday from 10am - 1pm  
Daily Dancer Honorarium. Drum Honorariums (minimum 5 singers)

#### Community Feast:

Saturday at 5:00pm. Please bring your feast bundles.  
Bring your own water bottle: Refill station on site. No plastic water bottles please.

**Canoe Races** on Saturday evening at 6pm

**Two Step Contests** Saturday evening session • **Hand Drum Contest** Sunday afternoon

**Princess Pageant** on Sunday Morning at 10am. Lil' Miss Wawaskinaga (0-5) Jr. Miss Wawaskinaga (6-12) Miss Wawaskinaga (13-17)

**Vendor, Craft and Booth Set up Fee: \$75.00 (set up Friday pm)**

**Rough Camping Available. No Pets Please. This is a Drug and Alcohol Free Event**

*We resolve, we, the Anishinaabe of Whitefish River First Nation, therefore strongly assert our self-determination right to make decisions about water in our territory. We must be fully involved in all resource water and water shed protection planning and in all decisions about water licenses and access to water for navigation, transportation, industrial use and other purposes. We declare that we will continue to rely on Anishinaabe law and our teachings and ceremonies to respect water, and protect water, the life-giving gift of the Creator. (Whitefish River Band Council Resolution 3600)*

Contact Wawaskinaga Pow Wow Committee at 705-862-1259 or by emailing kikipelletier@hotmail.com,  
Keith Nahwegahbow at the WRFN Band Administration Office at 705-285-4335 or email keithn@whitefishriver.ca  
Facebook at Wawaskinaga Annual Traditional Gathering







Name: Damien Shawanda  
Title: Administrative Assistant to the Trust Coordinator  
PP: Bugs in the summer  
Motto: "Oh God! Like the thunder-bird of old I shall rise again out of the sea; I shall grab the instruments of the white man's success — his education, his skills — and with these new tools I shall build my race into the proudest segment of your society" ~ Chief Dan George



Name: Jenna Visitor  
Title: Special Projects Assistant  
PP: Not knowing things.  
Motto: Just livin'



Name: Sterling McGregor  
Title: Housing Assistant  
PP: Being Broke  
Motto: Get busy living.

# WRFN Summer Student Hall of Fame 2018



Name: Athena Jacko-Migwanabe  
Title: Maintenance Assistant  
PP: Not working.



Name: Grace Manitowabi  
Title: Child Care Assistant  
Motto: Live your life



Name: Caleb Nahwegahbow  
Title: Public Works Assistant  
PP: Things  
Motto: What's my motto?



Name: Nevada Anwahtin  
Title: Garden Assistant  
PP: Messy writing  
Motto: Life



Name: Miles Sutherland  
Title: Gardener  
PP: Little Dogs  
Motto: Fortune favours the bold.



Name: Byron Nolan-Shawanda  
Title: Summer Student Liaison  
PP: Not Having a Pet Peeve.  
Motto: Life is a garden, so just dig it.



Name: Raine Assiniwe  
Title: Daycare Assistant



Name: Wynona Visitor  
Title: Health Assistant  
PP: Early Mornings  
Motto: Carpe Diem



Name: Ethan Stewart  
Title: Library Assistant  
PP: Stoodis  
Motto: Skoden



Name: Zena Pregent  
Title: Administration Office Assistant  
PP: Getting woken up before my alarm & people who litter  
Motto: Don't just exist, live!



Name: Hailey Paibomsai-McGregor  
Title: Daycare Assistant  
PP: Gum Smackers  
Motto: Take it day by day.



Name: Samuel Jacko  
Title: Gardener  
PP: Plants.  
Motto: Respect is something that's earned not given.



Name: Sydney Migwanabi  
Title: Recreation Coordinator  
PP: Having to pay rent.  
Motto: "Shotgun – Slater"



## Food Security Assistant - Winnie Paibomsai

Aahnii, boozhoo!!!

Summer is here, and we are coming to mid-season already. Where is the time going?

As Health Centre Staff, we are starting to prepare for the beginning of the school year. I would like to remind parents and students, who are living here in the community and attending school in Espanola, that we provide lunches, Tuesday through Friday during the school year. These lunches are prepared daily and made with love! We started preparing these lunches and snacks about five years ago twice a week for the students riding the bus to school in Espanola. We serve Grades 7-12 attending either A.B. Ellis, Sacred Heart or Espanola High School. With that in mind, if you wish for your student to have the lunches sent on the bus, please come in and fill out a form and notify us of any dietary restric-

tions. For High School Students, please stop by the Health Centre to give us one of your favorite meals so that way we can add it to the menu. I am proud to say that we had a successful year this past school year with students joining our program to receive a lunch. We were making almost 26 lunches per day plus hot lunches on Wednesdays and Fridays. Our hot lunches included sub sandwiches, salads and veggies, Turkey dinners and even Roast Beef Dinners. It is an honour to prepare these meals for our students so they can stay focused on what is important instead of the growling in their tummies. So, continue to enjoy your summer and I hope to see you sometime throughout the season.

If you have any questions regarding any programs, don't hesitate to contact me at [winniep@whitefishriver.ca](mailto:winniep@whitefishriver.ca) or through the Health Centre at 705-285-4354.



**2018 Lafarge**  
**FISH**  
**FRY**  
**WEDNESDAY, AUGUST 15TH**  
**AT NOON.**  
 Please join us at the Lafarge Pavilion for our Community Fish Fry & Social!  
**FOR MORE INFORMATION PLEASE CALL THE TERMINAL AT 705-285-4559.**  
**LAFARGE**

## 13 Moons Garden

by Michael Aelick



### You Can't Touch This

Since it is summer and I know these plants grow in our community I thought I would focus on two plants that if you come into contact with, you might get contact dermatitis that may develop into an itchy and sometimes painful rash. The second plant I will talk about produces a sap that reacts with the sun resulting in intense burns, rashes or blisters.

**Poison Ivy** grows in three different ways, it grows as a trailing vine along the ground reaching heights of around 4-10 inches tall, as a vine that grows up the support of a nearby tree, or as a shrub reaching heights of 3 feet. The latter two can cause it to be misidentified as poison oak which actually grows in some of the southern states. All parts of the plant; the roots, stems, and leaves contain the resin urushiol that causes the rash we are all probably familiar with. Any contact with a broken part of the plant will cause the resin getting onto your skin. The rash only spreads through the contact with the sap. Poison Ivy cannot be spread from the sores itself. Contact with any surface that has come into contact with the sap can lead to a rash; this means you can get it from your pets or from removing articles of clothing. Urushiol oil can remain active for several years on surfaces like dead leaves, and dead plants. Those who have come into contact can inadvertently spread urushiol throughout the house, on surfaces they touch and from clothing. Coming into contact with these affected areas will cause the rash to develop again and may spread to people who didn't come into contact with the plant. This may be where the misconception of it being spread from the rash itself came from. One of the best ways to prevent a rash is to stay away from Poison Ivy altogether; this is not always easy to do. If you do come into contact with it, it is best to wash with soap and cold water. Hot water will open your pores and may allow the oils to enter deeper into the pores. Wash any clothing that may have come into contact by carefully removing and wash alone in hot water.

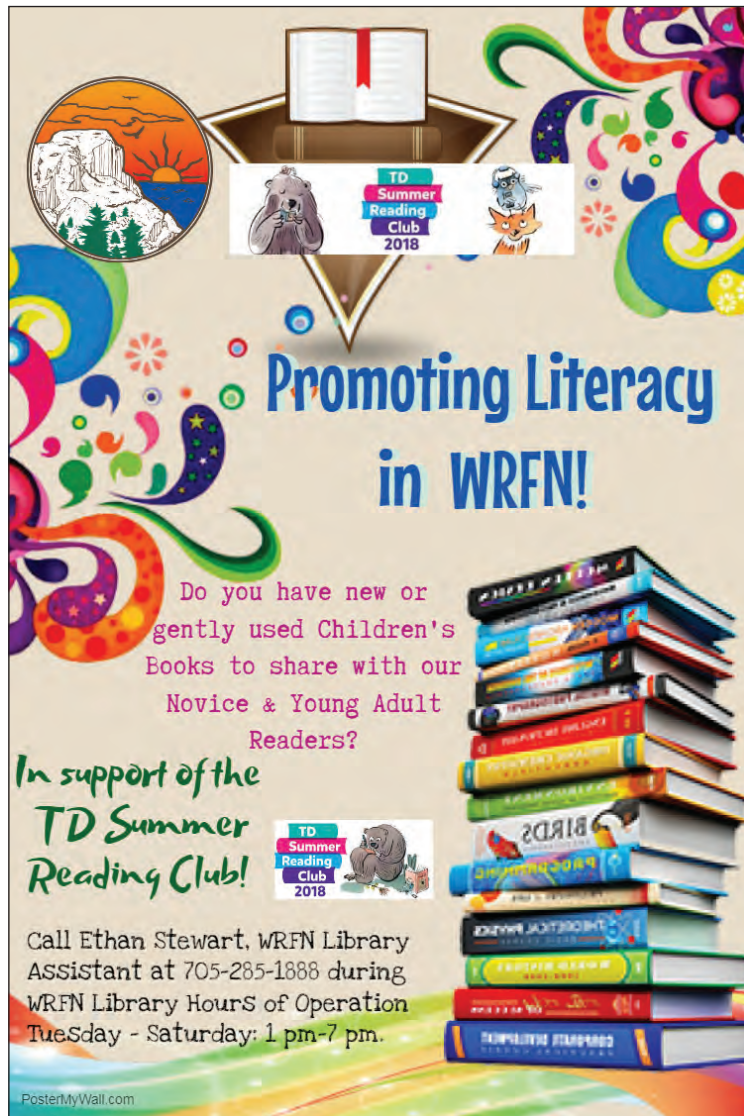
**Wild Parsnip** is something I see growing and spreading in some areas in the community. This plant is in the same family as Giant Hogweed and is considered invasive. It is speculated that it came here with early settlers as Parsnip and reverted back to the wild variety and escaped cultivation. Wild Parsnip has spread through Ontario for many years and has hit the spotlight because a resurgence of people going back to foraging for food sources. The root is edible but collecting comes with a cost. The plant contains the same chemicals found in Giant Hogweed. When skin is exposed to this chemical it increases sensitivity to sunlight causing painful burns, rashes and blisters to form. One plant on average can produce around 975 seeds and can spread rapidly outcompeting native plants especially low growing ones. Wild Parsnip impacts pollinators as well; it is not visited by honeybees and displaces native plants that attract pollinators. Controlling this plant can be very difficult and precautions need to be followed, if you want to learn more about steps that need to be taken you can go to [https://www.ontario-invasiveplants.ca/wp-content/uploads/2016/07/OIPC\\_BMP\\_WildParsnip\\_Feb182014\\_FINAL2.pdf](https://www.ontario-invasiveplants.ca/wp-content/uploads/2016/07/OIPC_BMP_WildParsnip_Feb182014_FINAL2.pdf) and follow the steps laid out in Best Management Practices.

I hope you have found this informative. If you have any questions you can post them on my Facebook page @ 13 Moons Garden.



Wild Parsnip.





**Promoting Literacy in WRFN!**

Do you have new or gently used Children's Books to share with our Novice & Young Adult Readers?

In support of the **TD Summer Reading Club!**

Call Ethan Stewart, WRFN Library Assistant at 705-285-1888 during WRFN Library Hours of Operation Tuesday - Saturday: 1 pm-7 pm.

PosterMyWall.com

## Education Manager - Jacinta Shawanda

Aanii!

The Education Department has been quite busy over the last 4 months. In a nutshell, here is what is going on:

### Post-Secondary Education

Sponsorship letters to Colleges, Universities and their Residences have been sent out. Approval letters to students have been mailed along with the current WRFN PSE Policy. I encourage all Post-Secondary Students to visit their Institution's Indigenous/First Nation Student Services to seek out academic supports, financial supports and just for fun and social networking – it is all part of the College and University experience!

### WRFN PSE & Maamwe Kendaasing Child Care Centre

In an effort to keep up with the demand for additional qualified staff and to prepare for the eventual relocation and expansion of our daycare facility and program: we are pleased to introduce two new on the job training opportunities for the Maamwe Kendaasing Child Care Centre. See posting in this edition of the Rezound.

### Provincial Schools

(AB Ellis Public School, Espanola High School and Sacred Heart Catholic School.)

This past June Graduates of Grade 8 at

AB Ellis and Sacred Heart were gifted a smudge bowl, sweet grass braid and sage, along with two \$50 gift certificates to various stores in the Sudbury area.

Grade 12 graduates of Espanola High School (including Reengagement Program Graduates) were gifted iPads with built-in keyboard protective cases.

Once again – Great Job everyone! – Your perseverance has paid off and will continue to pay off for many moons to come.

### Education Committee

I'd like to take this opportunity to thank the awesome women on the Education Committee – Anita, Cara, Giselle, Leona, Sandy and Valarie - for all their efforts and input. We open and close every meeting with smudging and private prayers in hopes that we make the best recommendations to Council that we can. We have been working diligently on many tasks and powering through many long meetings (often on weekends and evenings). Gitchi-miigwech for working with me in a kind and supportive way!

If you have any comment, questions, concerns or ideas to share, please contact me at 705-285-4335 ext.209 or via email at [jshawanda@whitefishriver.ca](mailto:jshawanda@whitefishriver.ca).

## Librarian - Evelyn Jacko

*Come and expand your mind or just relax it.*

Aanii fellow community members!

I have a few programs I plan to run this August. I will put upcoming events on the Official Whitefish River Website and the Official Whitefish River First Nation Facebook page as my plans become confirmed. So please keep checking for my updates.

I also have a summer student to introduce: Ethan Stewart. Welcome Ethan! I hope you have an enjoyable summer student experience here at the Whitefish River First Nation Library.

Ethan will be helping out with the TD Reading Club, so come and choose a book to read. As our Library assistant he does codes for games and will be

here to assist all patrons.

We look forward to your visits and please remember to sign in for statistical purposes - the more the merrier and increased numbers may also increase our yearly funding!

### Library Hours of Operation:

Tuesday - 1:00 PM - 7:00 PM  
Wednesday - 1:00 PM - 7:00 PM  
Thursday - 1:00 PM - 7:00 PM  
Friday - 1:00 PM - 7:00 PM  
Saturday - 1:00 PM - 7:00 PM

### Contact Information:

Phone: 705-285-1888

E-mail: [evelynj@whitefishriver.ca](mailto:evelynj@whitefishriver.ca)

Facebook: **Whitefish River First Nation**

Website: [www.whitefishriver.ca](http://www.whitefishriver.ca)



**LIBRARY SUMMER EVENTS**

**THINGS TO DO**  
SCRAPBOOKING WEDNESDAY EVENING 5 PM-7 PM

**NINTENDO WII AVAILABLE**

**LET'S GO OLD SCHOOL**  
STOP IN AND WATCH SOME OLD VHS MOVIES FRIDAYS 5:30-7 PM

**CONTACT US AT (705) 285-1888**  
LIBRARIAN EVELYN JACKO

**HOURS TUESDAY TO SATURDAY 1-7 PM**

PosterMyWall.com



**Maamwe Kendaasing**  
**Cheryl Shawanda, RECE, Child Care Supervisor**

Ahnee, from the Maamwe Kendaasing Child Care Centre!

**August Thimbleberry Moon**

The Eighth Moon of Creation is the Thimbleberry Moon, when we honor the Thimbleberry which produces an abundance of fruit once every three years. It was one of the first plants put on Mother Earth, and its purpose is to protect the Sacred Circle of Life allowing us to recognize and understand the teachings that come from the Spirit World.

In July, all the staff attended the Annual Native ECE Conference hosted by Walpole Island First Nation Bkejwanong Children's Centre in Sarnia. I would like to thank the Education Director and the Band Manager for allowing the staff to attend this conference. The workshops were informative and travelling away as a staff encourages team spirit, unity and a sense of camaraderie at the center.

While, we were away the Janitorial Cleaning Crew were quite busy giving the Daycare a much needed floor clean. "The floor color is so shiny we can see our reflection.... Awesome Great Job Guys!"

Native Theme for the month of August 2018 Mnoomni-Giizis (Grain Moon)

Picking sweetgrass, harvesting garden - (Traditional Seasonal)  
 Pow-wow (Special Days)  
 Semaa (Tobacco) - Medicines  
 Red (Mskwaa) - People/Colors/Medicines  
 Mahng (Loon) - (Clan/Animals)  
 Garden Vegetables- (Traditional Foods)

**Child Care Activities & Birthday Wishes**

Throughout the month of August there will be various trips with the Child & Family Well-Being Worker. The School Age Group and Pre-schoolers will also be going on some outings before they go back to school. We look forward to the adventures and as always parents or guardians are welcome to join the field trips.

August 3rd: National Watermelon Day \* Social will be limited to half day.

August 6th: Centre is closed for Civic Holiday

August 10th: Lazy Day PJ Day

August 20th: National Radio Day

August 30th: End of Summer Party

We have four children at the Day-care celebrating their birthdays in August. Happy Birthday to all of our friends!

**Baa-maa-pii Miinwaa**

**\*Registration Notice for 2018/2019 School Year at Shawanosowe School\***

**NOTE: Parents/Guardians**

Please ensure that all required school documentation is added to your child's registration package prior to submitting it to the school for the 2018 -2019 school year. It is imperative that the school is provided with a copy of your child's **updated status card** as per funding agreement and a copy of your child's **updated health card** as per school regulations. Without such documentation prior to school beginning, your child may not be eligible to register at Shawanosowe School.

2018-2019 Shawanosowe School Registration will be held the week of August 27-31st, 2018 at the school for those late registrations.

Please ensure you have all your required documentation with you upon registration. Refreshments will be provided.

**Shawanosowe School Staff**



**ON-THE-JOB-TRAINING/EDUCATION OPPORTUNITY**

**TWO Full Time Positions**

The Whitefish River First Nation are seeking two band members to fill the two (2) training opportunities designed to prepare individuals for work with and on behalf of young children and their families in Whitefish River First Nation as Early Childhood Educators. This opportunity in Early Childhood Education will lead to the knowledge, skills, practices, and dispositions of an early childhood professional and the opportunity to be employed at the Maamwe Kendaasing Child Care Centre.

**Basic Requirements:**

- Patience and compassion
- A creative approach to problem solving
- The ability to approach a challenge from different perspectives
- A sense of fun
- Nurturing personality and open to new experiences
- Be willing to commit to work minimum of 4 years full-time at MKCCC, while attending Post-Secondary Native E.C.E. program part-time for 2 years.
- Anishnaabemowin and Mino-Bimaadiziwin are definite assets.

**Band members** who are interested in this training /educational opportunity will be required to:

1. Submit a cover letter (one page) to Education Department.
2. Submit copies of any transcripts and diplomas received to-date.
3. Submit a 1,000 word essay demonstrating the attributes as noted above.
4. Be prepared for an interview and to submit applications as directed by the Education Department.
5. Be able to provide a clear CRC with VSS

Full post-secondary funding and assistance will be provided. In-Class time will be two full weeks away from the community - four times time a year for two years.

Deadline for complete packages by email is:

Friday, August 10<sup>th</sup> at NOON (12:00 PM) to:

Jacinta Shawanda, Education Manager

705-285-4335, ext. 209

[jshawanda@whitefishriver.ca](mailto:jshawanda@whitefishriver.ca)

**Get your gear ready , get your team ready for....**



**Nightingales**

**NIGHTINGALES ANNUAL MIXED SLO-PITCH TOURNAMENT 2018**

**September 14th & 15th**

**NIGHTINGALES NEST**  
**Register your team by September 7th.**

Entry fee is \$500/team. E-transfers accepted.

Contact Katt @ 705-863-3599 or

Tah McGregor-Aelick on facebook to register your team.

Check out our fb event page for all the details.

**Co-ed tournament**





Construction of the Elevated Storage Reservoir Base.



Construction fully underway.



Lowering of the Elevated Storage Reservoir Pedestal.

## Band Manager - Art Jacko

Aanii Bemaadizijig

Baamaapii Miin Giizis,  
Aanii Mnoomini Giizis

Seems time is moving fast and we are making progress in many areas. Our construction of our Water Tank is progressing on schedule. We all see the tank pedestal rising above the tree line and within the next two weeks, we will see the tank on the top of the pedestal. There is still a lot of detail work to be done, but progress is continually being made and on schedule.

We continue to make progress with the plans on our Maamwe Kendasing Early Learning and Innovation Centre. The project team are finalizing the final design along with the construction and engineering drawing for tendering. Construction is expected to begin early fall with the expected date for completion in the summer of 2019. This facility will create a very good learning environment for our children who are just starting their educational journey.

Congratulations to our Ogimaa Shining Turtle and Finian & Lynn Paibomesai on their upcoming Life Time Achievement Awards. They will receive their awards on August 15, 2018 at the 20th Annual Anishinabek Evening of Excellence at Casino Rama. Very well deserved!

We also have our Annual Lafarge Fish Fry coming up on August 15th and our 25th Annual Traditional Pow Wow on August 18th & 19th. It's shaping up to be another awesome Mnoomini Giizis.

### Band Custom Election

The first draft of the WRFN Band Custom Election is completed and will be mailed out and posted on our social media. This custom election code is based upon community input and the community participation throughout was exceptional. I can say with confidence, this is a Community Band Custom Election Code and you should all be proud.

The next phase of this is to provide the draft election code to the com-

munity and also provide the time for the community to review the election code. There are community engagements sessions being planned to secure the final input from the community. Once these sessions are completed, WRFN will have a final Band Custom Election Code. The final step will be to have a community vote in early fall.

### Access to Fuelwood on Treaty Land

WRFN community members have access to fuel wood on our Treaty Lands, most are located by Fox Lake Road and all of the sites have easy road access. There is a mixture of wood ranging from maple, ash, poplar, birch, cedar, pine, spruce and fir. I encourage people to take advantage of this. There are no fees or permits required in accessing your wood. Maps of all the areas are available at the Administration office.

I am always available to the community, please feel free to drop by for a visit and have a Mkade Miskodiismin Naaboo (coffee) on us. You can also email me at [ajacko@whitefishriver.ca](mailto:ajacko@whitefishriver.ca) or call me at 705-285-4335 or my cell at 705-863-3027.

Be safe and watch out for our most vulnerable during hot days.

Nahaaw, Baamaapii Miimwaa  
Kawaabmin

Missed an  
issue of  
The Rezound?

Find them  
online at  
[www.whitefishriver.ca](http://www.whitefishriver.ca)







WRFN Youth make pancakes at Adventures with Syd.



Mike Aelick, NNADAP worker makes raised garden beds for Elders with Greg Francis.



Presentation of the First Draft of the Trust Agreement on July 19, 2018 was live-streamed.



Joe Pitawanakwat of Creator's Garden shares his knowledge of plant-based medicines with Ferdinand & Russell.



WRFN Summer Students lend a hand with Pow Wow fundraising efforts.



Tecumseh, Lucas, Memphis & Landon practice their Lacrosse skills at Daystar Camp.





Miles & Samuel learn the art of beekeeping as WRFN Gardeners.



Byron nets up Pickeral hatchlings for release, from a local hatchery.



The Birch Island Territory Canoe Journey.



WRFN Youth travelled to Algoma Mills in the first week of July for K.I.C.K Camp (Kids Into Canoeing & Kayaking).



WRFN Territory was seen from a different perspective on the Canoe Journey.



Novalee and Crystal hone their teamwork and communication skills.



## Trust Coordinator - Esther Osche

Greetings!



My name is Esther Osche. As the Trust Coordinator for the Whitefish River First Nation Boundary Claim Trust Working Group, I provide a monthly report on the activities of the Trust Working Group and our engagement with members on the development of a draft Trust Agreement. The Trust Working Group has just completed their **fourth Community Engagement Session** for the month of July 2018 to **present the first draft of the Trust Agreement to members**.

### Elements of a Trust Agreement for the Whitefish River First Nation:

**A Trust Agreement** is a Rule Book that preserves and protects the settlement offer funds for today's and future members.

**A Trust Operates** as a separate legal entity and its function along with Trustees, are limited to receiving the Settlement funds, investing the Trust property and, making an annual payment to the First Nation. The decision to determine how to spend the annual payment is left up to the community and is outlined in the Trust Agreement.

**The Trust Working Group's Role in the Development of a Draft Trust Agreement:** The Working Group provides representation and input into a draft Trust Agreement template. They will accomplish this with input from the members at community engagement sessions.

**Community Engagement Sessions Update:** The full first draft of the trust agreement along with a plain language version was mailed out on schedule on June 25th to give members time for review in advance of the July 2018 Community Engagement Sessions. Three engagement sessions took place as planned on July 19th in Birch Island, July 20th in Sudbury and July 21st in Toronto. A presentation on the first draft of the trust agreement was provided during the sessions by Tracey O'Donnell, the legal advisor on the trust developments. Additional time was provided for member

questions and general discussion following the presentation with good comments and feedback being provided by the members in attendance.

### IMPORTANT:

The Trust Working Group is currently compiling all the information collected from members at the July Sessions and will prepare a report on the same. The Working Group will meet in the coming month to review this information and incorporate it into a **final draft** of the trust agreement which will be recommended to the Council for approval. The Working Group will also recommend the July Community Engagement Sessions Report and the approved final draft of the Trust Agreement be mailed out to members and posted to the community website at the trust developments link. Council will consider whether to approve the final draft Trust Agreement for final decision by the members through a referendum vote. Questions on "when" will the draft trust agreement be ready for a ratification Vote by the members was received at all three of the July sessions. The Trust Working Group will consult with the Chief and Council to identify a more definitive date for the Vote and provide a message on this at the time of the next mail out.

**UPDATE ON MAILING LIST:** Any member can attend sessions provided on the trust developments. For those that do not have access to computers to view our website for updates we have prepared a mailing list so information shared at the sessions can be mailed out to keep everyone informed on the trust developments. You can send the Trust Coordinator either a letter, email at [eosche@whitefishriver.ca](mailto:eosche@whitefishriver.ca) or, telephone call at 1-800-265-4335 and request to be put on a mailing list to receive information shared at the sessions or uploaded to the website. **Miigwech and Thank You** to everyone who has participated so far to update your mailing and contact information. Please help spread the word to family and community acquaintances to update their contact information by contacting our office at the number and email address provided above.

**Questions:** We encourage member feedback and questions at all times throughout the trust development process. Please send a letter or, email to the above-noted email address to the attention of Esther Osche, Trust Coordinator. A response will be prepared and sent back to you. The WRFN Chief & Council has approved a Members Queries Column for our home webpage. Please let us know when you submit your questions if you would like the questions and our responses to be shared

at the website location. **Miigwech and Thank You** to all those members who have sent in your inquiries so far.

**The WRFN Trust Process Chart:** the chart has been developed as a guide for all to follow as the development of the draft trust agreement process unfolds. The process chart is attached for your review and has been revised to take into account our recently completed tasks and to set a more realistic timeframe going forward. **Please note**, the October and November Referendum Vote Timelines are placed as "tentative" at this time. Further updates will be provided and the Chart will continue to be subject to change in a future edition to accommodate the plans for the Referendum Vote to approve the Trust Agreement.

**TRUST NAMING CONTEST:** We have received **one submission so far** and are still seeking input on an Anishnabe name for the draft Trust Agreement. Please submit the name in the Anishnabe language and its English translation. The submissions will be posted at a future upcoming session for selection by member preference. The winning name will be announced following the meeting and, a prize awarded to the winner. **Miigwech** to all who participate.



For more information please feel free to contact me at WRFN Administration at 705-285-4335 or via email at [eosche@whitefishriver.ca](mailto:eosche@whitefishriver.ca).



# VOLUNTEERS NEEDED

WRFN is seeking Community volunteers for the 25th Annual Wawaskinaga Traditional Pow Wow.

The Annual Whitefish River First Nation  
Traditional Pow Wow

**AUGUST 18 & 19, 2018**



## Volunteer Duties May Include:

- \* Parking Attendants.
- \* Assist with the Community Feast.
- \* Security.
- \* Registration Table.
- \* Grounds Keepers.
- \* Firekeepers
- \* Other duties as required

## If interested please contact:

Keith Nahwegahbow  
Economic Development Officer,  
Whitefish River First Nation  
705-285-4335 ext.216  
or via email at,  
keithn@whitefishriver.ca

**A GREAT WAY TO GET YOUR  
STUDENT VOLUNTEER HOURS!**

PosterMyWall.com

## Upcoming Pow Wow Fundraisers

### Fundraising BBQ

August 2nd, 9th & 16th

Community Centre at Noon

**Doreen's Famous Sconeburgers in Gravy  
on August 9th!**



**50/50 Draw Dates  
August 3rd & 17th**



### Pow Wow Bingo Canteen

August 6th, 9th & 11th

Donations for any Pow Wow Fundraisers are greatly appreciated.  
To donate please contact Gail 'Kiki' Pelletier  
at 705-285-4335

## Economic Development Officer Keith Nahwegahbow

Ahnii! This has been a very busy couple months for myself. I recently underwent training at the University of Waterloo for certification as an Economic Development Officer. For me this course was an extremely valuable experience and I also had the opportunity to work with Economic Developers from all over the country including major cities like Hamilton and Halifax. This course allowed me to conceptualize Economic Development as a way of dealing with what we have here and utilizing our assets in a sustainable manner. In the past we have had to deal with companies or organizations that came to us and proposed business opportunities or development projects. Now we have enough knowledge to pick and choose what projects and developments we want to be a part of, on or off-reserve.

I have also been working on WRDC activities. We currently decided to extend the current WRDC leases an additional 5 years. There are 23 lease holdings in total on the Birch Island Station ground (Lakeshore drive), Gravelle Road, Moose Point and Storehouse Bay. This is done to perform proper community consultation regarding the future use of these leased lands in the ATR (additions to reserve) process. This process has already started and if you have any questions I encourage everyone to please feel free to ask.

This year is the 25th celebration of our Annual Traditional Pow Wow. I have been providing administrative support for our Pow Wow committee. We have our summer students helping out with our Pow Wow fundraising activities. They have been doing an excellent job. But this is also a reminder that the Pow Wow

committee is still looking for volunteers. For high school students looking to gain volunteer hours this is an excellent chance to bank a lot of hours in one weekend. To all other community members this is a chance to volunteer and contribute to help make this the best 25th Anniversary Celebration possible.

In the coming months we would like to plan a Traditional Harvesting activities. So please keep your eyes open for notices of upcoming Traditional Harvesting programs. This will focus on teaching proper harvesting techniques but more importantly the importance of sustainable harvesting practices.

In closing, I would like to congratulate all the students in the 2018 Summer Work Experience Program. All the summer students have now started their respective positions with WRFN and I have been impressed with the dedication and enthusiasm shown for their respective positions. This is a valuable program for WRFN as it allows the students to learn to develop a work ethic, to go through the recruitment process and to gain working knowledge on the various departments of WRFN. I encourage all community members to acknowledge the hard work of our youth and remind them that these workers are students and they are learning. A little encouragement and acknowledgment will go a long way to build their confidence.

For more information and if you have questions, please contact myself, Keith Nahwegahbow at the WRFN Administration Office at 705-285-4335 ext. 216 or via email at [keithn@whitefishriver.ca](mailto:keithn@whitefishriver.ca).



## Membership - Kathleen Migwanabi

**Membership News**  
**Office Hours: Monday to Friday**  
**9:00 am - 4:00 pm**

**All Life Events are required to be registered. Life Events include:** Births, Marriages, Divorces, Name Changes, Deaths, Transfer of Membership, Change of Residence (on-reserve /off-reserve). Forms are available in the membership office.

**IMPORTANT CHANGES TO REGISTRATION** – due to the recent changes to the registration program, Indigenous Services Canada has introduced the integrated application process. For New Registrations, applicants can now apply for registration and have the option to apply for Secure Certificate of Indian Status Card (SCIS) at the same time.

**Birth reporting:** Parents, it is your responsibility to register your child for Indian Status as soon as possible. A newborn is covered for non-insured health benefits under the parent until they turn 1. If your child is not registered after they turn 1 years of age, parents are responsible for all costs.

**To register a child (15 years and Under), required documents:**

- Original long form Birth Certificate (also known as statement of live birth), and
- Child Application

**New Registration Adult 16 and Older**

- Original Long Form Birth Certificate
- Adult Application

**If applying for the Secure Certificate of Indian Status Card (SCIS):**

- Guarantor Form (holder of SCIS card, Chief, Councillor, IRA, etc.) can sign as guarantor
- Copy of 1 I.d.(front & back) from parent/guardian (e.g. Driver's License, health Card, passport, etc.) signed by guarantor
- 2 passport photos signed by the guarantor
- **Marriage Reporting:** Original marriage certificate and marriage reporting form is required
- **Death Reporting:** A death Certificate is required to register the death of a registered band member

**CITIZENSHIP** - Whitefish River is a section 10 band under the Indian Act and determines its own Citizenship (Band Membership). **Registration for Citizenship with Whitefish River First Nation is not automatic, and everyone must apply.**

**Main Benefits of Indian Status and Band Membership (Citizenship) may include:**

- 1) **Indian Status:** non-insured health coverage, treaty payments (if applicable), possibility of post-secondary education funding, and exemption from certain federal and provincial taxes.
- 2) **Band Membership (Citizenship):** a right to reside on reserve, a right to housing, voting privileges within the band, and a right to community involvement and affairs.

**REQUEST TO UPDATE MAILING & CONTACT INFORMATION:**

We are requesting members to please update your mailing address with the Membership Office. Your mailing address is required for voting purposes within the band,

(i.e. elections, referendums), as well as distributing important information. You may also update your contact information by registering in the membership portal on our website at [www.whitefishriver.ca](http://www.whitefishriver.ca)

Should you have any questions, please do not hesitate to contact the Whitefish River First Nation Membership Clerk/Indian Registration Administrator, Kathleen Migwanabi at (705) 285-4335 ext. 208 or by email at [kathleenm@whitefishriver.ca](mailto:kathleenm@whitefishriver.ca)



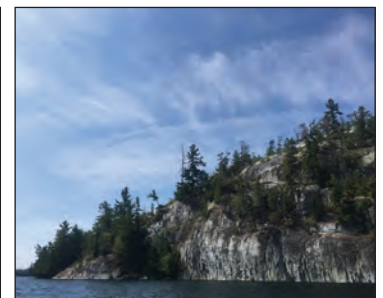
Whitefish River First Nation								OTHER: Not yet Registered /non-status/ Non-Band Members/ Other			
Registered Status Indians - Population Stats as of July 30, 2018								ON Reserve			
Age Group	Males			Females			Total	Total: Registered + Other		M	F
	Total	On	Off	Total	On	Off					
0-4	14	10	4	16	6	10	30	1	8	11	14
5 - 9	30	8	22	40	13	27	70	5	4	13	17
10 - 14	40	16	24	26	8	18	66	6	5	22	13
15 - 19	41	12	29	42	19	23	83	3	5	15	24
20 - 24	62	19	43	58	19	39	120	4	2	23	21
25 - 29	53	11	42	59	10	49	112	4	0	15	10
30 -34	52	4	48	50	3	47	102	1	4	5	7
35 - 39	52	8	44	36	6	30	88	5	4	13	10
40 - 44	37	10	27	38	13	25	75	1	0	11	13
45 - 49	44	11	33	51	18	33	95	2	3	13	21
50 - 54	58	25	33	66	18	48	124	2	6	27	24
55 - 59	54	16	38	60	14	46	114	5	2	21	16
60 - 64	41	12	29	51	13	38	92	2	3	14	16
65 - 69	22	8	14	33	10	23	55	5	1	13	11
70 - 74	19	6	13	22	6	16	41	2	0	8	6
75 +	27	15	12	42	21	21	69	1	0	16	21
<b>Total:</b>	<b>646</b>	<b>191</b>	<b>455</b>	<b>690</b>	<b>197</b>	<b>493</b>	<b>1336</b>	<b>49</b>	<b>47</b>	<b>240</b>	<b>244</b>

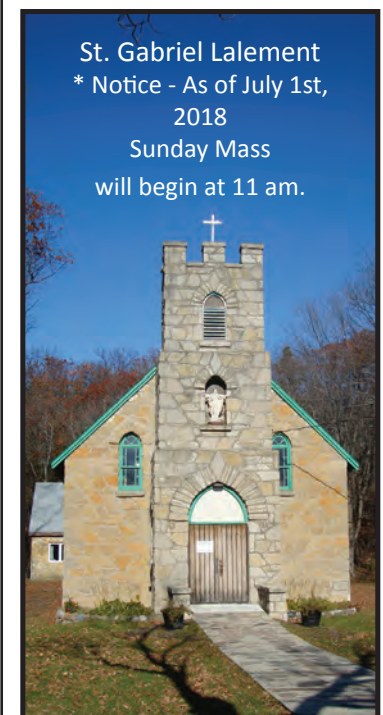
Population Total		On Reserve Population		REGISTERED CITIZENS	
Total On Reserve	388	*Registered Band Members:	388	Total:	821
Total Off Reserve	948	**Other Residents:	96	Eligible Voters:	710
Total Population	1336	Total On -Reserve Pop.:	484		

**\*NOTE:** These Stats includes people who are deceased and have not yet been removed from the Indian Registry System. They are included in the on-reserve population.

**\*\*Other Resident stats include band members who have not yet registered, non-status, members of other F.N.'s, and non-aboriginals**



Beautiful WRFN Territory.




**St. Gabriel Lalement**  
 \* Notice - As of July 1st, 2018  
 Sunday Mass  
 will begin at 11 am.



## BUNDLE CLINIC

### MAXIMIZING HOUSEHOLD INCOME




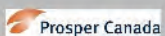
- status cards
- SIN Numbers
- Income Tax
- LEAP & OESP applications
- Will & Power of Attorney Making
- RESP applications
- Old Age Security
- Canada Pension
- Child Tax Benefit
- Canada Learning Bond
- Canada Student Loans

**One stop shop in updating or applying for outreach programs and services, both locally and provincially.**

**Band Council Chambers  
17-A Rainbow Ridge Road  
Friday, August 17, 2018  
10 am to 3 pm**

\*\* Please bring original birth certificate and another piece of identification.

In partnership with:

Service  
Canada

No appointments necessary, come and go as your time is valuable.  
Please contact the Housing Dept. for more information.

## Community Energy Advisor - Tania Jacko

Aanii Kina Wiya,

I heard this rumour that eating frozen grapes will help keep you cool. You take the grapes off their stem, wash them, (put them in some sort of reusable freezer safe container), put them in the freezer, wait.....keep waiting..... wait some more.....and.....TAA DAA!!!! A delicious healthy snack that cools you off on hot days. I haven't tried this myself, but I have no doubt that this rumour is true. Feel free to try it and let me know if it does work.

Since we are on the topic of food, Do-reen gave me permission to share with you her slow cooker pork chop recipe with you. Open a can of tomatoes, she recommends stewed tomatoes with Italian seasoning, but really, any can of tomatoes will do, pour the contents into your slow-cooker, and add any amount of pork chops you want. Then turn on the slow-cooker. Flip the pork chops about half way through the cooking time. If you want some sides with your dinner, set the pork chops on top of potatoes and add some beans. That's it! You're done! That's all there is to having delicious, succulent pork chops ready for you once you get home. You don't have to stand over a hot stove and you saved on electricity. A slow-cooker will "use 65% less energy

in seven hours than an electric oven uses in one hour." If you crave more variety, a "slow-cooker recipes" google will provide you with a plethora of dinner options.

If you are interested in receiving free energy saving devices, you can go to <https://www.affordabilityfund.org/> to sign up. Be sure to exercise patience, it may take a while before you receive your free upgrades. If you need to, you can contact me for help to sign up.


The Community Energy Committee is still looking for a youth to serve as a member on the committee. Please feel free to contact me if you have any questions.

If you have any questions or ideas that Whitefish River may be able to pursue in the Energy Sector please feel free to contact me at (705) 285-4335 or by email at [energyadvisor@whitefishriver.ca](mailto:energyadvisor@whitefishriver.ca), or stop by the administrative office. You can also ask your Community Energy Committee members.

Stay Cool Whitefish River and as always, remember to turn off the lights when you leave a room that is not in use.

Gii Waabmin Miinwaa!


## Protecting our Rights to develop our own laws on the First Nation



Whitefish River First Nation  
Matrimonial Real Property Law

Approved by Band Council Resolution  
#3450 - March 6, 2015

Amended June 9, 2015




## Propane Furnace



### Maintenance Reminder

furnace filters should  
be changed every 3  
months at minimum,  
year round



**UPDATE**Whitefish River First Nation  
Custom Election Code

Aanii!

**Purpose of a Custom Election Code for the Whitefish River First Nation:**

The Whitefish River First Nation (WRFN) currently elects their Chief and Council under Section 74 of the Indian Act and there are many problems encountered as a result of this. Time and duration of office is restrictive for the leadership to finish projects that have been started in our community, such as a school addition or settling a land claim agreement or self-government agreement. It also leaves the power to the Minister to determine for things such as the size of the Council, who can run for Chief and Council and, how nomination meetings are conducted.

We have come to a point where we have to decide for ourselves how we wish to elect our leadership.

**The Working Group's Role in the Development of a Custom Election Code:**

The Working Group will provide representation and input into a draft Custom Election Code. They will accomplish this with input from the citizens through a door to door community survey and, at community sessions scheduled for this purpose.

**Working Group Meetings:** A total of three meetings took place in the month of July 2018. On July 9th the Working Group members reviewed the June survey results and input those results into the initial draft of the custom election code. On July 14th the Working Group met to review the initial draft and to incorporate the feedback provided by community members during the July Community Engagement sessions to create the first draft of the custom election code.

The Working Group then met once again on July 20th to re-examine the first draft and its

language and terminology. Certain sections of the draft election code were removed and referred by the Working Group to Chief and Council for insertion into the Governance Policies for the Whitefish River First Nation. An update will be provided at upcoming community engagement sessions to report on these and, other changes to the election code to accommodate member feedback.

**Review of the First Draft By WRFN Chief & Council:**

A finished first draft was accepted by the Working Group on July 20th and recommended to the Chief and Council for their review and input. A Special Meeting of the Council will take place on July 30th to review the completed first draft. Martin Bayer, legal advisor for the draft election code developments will walk the Council through the first draft section by section. If further revisions are required, these will be completed and the first draft approved for mail out to all members shortly following this meeting.

**The Community Engagement Sessions:**

The first community engagement session took place on June 27, 2018, with a turnout of 16 members. The presentation shared the responses to the Custom Election Code Survey results. Two more meetings took place on July 5, 2018 at the Sudbury Holiday Inn and, on July 7, 2018 at the Toronto Chelsea Hotel.

**IMPORTANT UPDATE:** The Working Group members decided to defer their planned second community engagement sessions scheduled for July 10th, 12th and 14th to the month of August in order to give community members time to review the first draft of the custom election code which is to be mailed out in advance of the August sessions. The review of the first draft of the Custom Election Code will take place at Birch Island with a Brunch Kick-Off session, including two further sessions as outlined in the table below:

The Working Group encourages all citizens to

plan ahead to attend the anticipated **Community Engagement Sessions** to review and discuss the first draft of the Custom Election Code. These sessions will be another opportunity to help refine the draft so it meets your expectations. Your input is valued and important. Please make every effort to attend the upcoming August sessions.

**Vote Date for Acceptance of the Custom Election Code:** the Working Group is tentatively scheduling the Vote Date for acceptance of the final draft of the Custom Election Code for this coming Fall 2018. Canada will need to review the final draft that is prepared before the First Nation proceeds to a Vote for Acceptance.

**Questions:** We encourage your feedback and questions at all times throughout the development of the draft Custom Election Code. Please send a letter or, email to: [info@whitefishriver.ca](mailto:info@whitefishriver.ca) Your inquiry will be forwarded to the attention of the Working Group members for a response.

**CUSTOM ELECTION CODE COMMUNITY ENGAGEMENT SESSION SCHEDULE****COMMUNITY ENGAGEMENT SESSION #2 – PRESENTATION OF FIRST DRAFT OF THE CUSTOM ELECTION CODE****BIRCH ISLAND**

August 11, 2018  
WRFN Community Centre  
Time: 9:00 am to 12:00 pm

**SUDBURY**

August 13, 2018  
Holiday Inn- Regent Street  
Time: 6:00 pm to 8:00 pm

**TORONTO**

August 16, 2018  
Chelsea Hotel  
Time: 4:00 pm to 6:00 pm



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# Whitefish River First Nation

LET'S BE A

CARING  
COMMUNITY



Please observe  
all posted  
speed limits!



## Monster Garage

### Murray McGregor Jr. - Plant Manager

Wow what a challenging summer, as predicted in the "Old Farmer's Almanac", with an above average daily temperature and below average rainfall. The dry hot summer brings different challenges to the Public Works program. Keeping up with the dust build-up on the public buildings and also keeping the caterpillars at bay. Now the aftermath of the caterpillars, cocoons and webs left behind from their forge.

Public Works would like to welcome Brian Waboose Jr. to the team. With assistance from the Ontario Works program we are able to secure funding to assist with providing work experience. Public Works also has two summer students learning the ropes of maintenance for a nice diverse community like ours. Caleb Nahwegahbow and Athena Jacko will be assisting the crew with the summer duties associated with public works. Some of the duties the crew will be addressing is washing down the public buildings that have left over caterpillar cocoons, spider webs and bird/bat droppings. The maintenance crew will also be assisting with our community's annual cultural festival know as a Pow Wow. The crew spends many hours before, during and after to help ensure our celebration is a success.

Another division of plant operations is managing the First Nations fleet. All repairs big or small are coordinated through the Plant Manager's office. Keeping a record of all the repairs fuel usage and drivers. The planning of the replacement of any of the vehicles are also managed. This year I assisted Health & Social Services with adding three new vehicles for that division of the fleet. A van for the Early Learning Program and an SUV for program usage. Health Canada also provided

funding to replace the Medical Transportation Van. A new van was purchased but the old van is still in continued usage for Health & Social Services programming. The 2007 Chev pick-up utilized by the Housing Program was also due for replacement. Based on the fleet plan when vehicles are 10 to 12 years old they are scheduled for replacement. Through the process of acquiring a minimum of three quotes for this replacement we purchased a 2018 Dodge 2500 series for the Housing Maintenance Program. Why such a big truck? Currently all dealers **do not** supply a snow plow package on 1500 series trucks anymore. In order to keep up with the winter maintenance a larger truck is required with extra capacity for the Summer Student Program and any other programing required by the housing maintenance program.

Water Quality Analyst Interns Amy Waboose and Alex Nahwegahbow will be completing their 18 month training. Both students were successful in obtaining their Water Quality Analyst Certificates, Introduction to Water Operations and Operator In-Training Certificates. This was a very successful program that introduced these two young individuals the world of water treatment. Good luck in your future endeavors!

**"The only limit to our realization of tomorrow will be our doubts of today."**

-Franklin D. Roosevelt

If you have any questions or concerns regarding this report do not hesitate to contact my office or drop a line at [publicworks@whitefishriver.ca](mailto:publicworks@whitefishriver.ca)



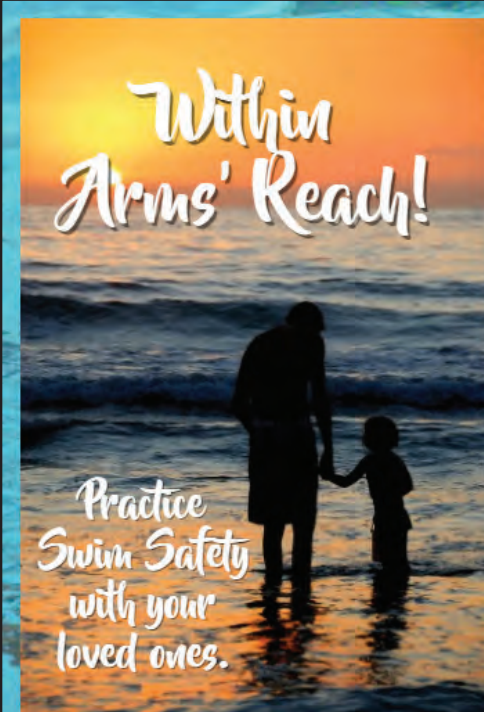
Pictured are two of the three new WRFN Health vehicles; an SUV for program usage and a van for the Early Learning Program.

### Horseshoe Tournament Sundays (weather permitting)

1 pm - 5 pm  
Cash Entry Fee  
\$7.00 entry  
\$2.00 most Ringers  
50/50 Upon tie  
Cash Payout for the winner!

Championships in September!

Contact Jake  
for more  
information  
at  
705-285-0671



WATCH FOR UPCOMING  
COMMUNITY CLEAN-UP EVENTS.





**CHI-BINGO**

WRFN MINOR SPORTS

• 3 - \$1000 JACKPOTS

**THURSDAY  
AUGUST 30TH, 2018**

DOORS OPEN - 5:00 PM  
MINI-GAMES - 6:45 PM

WHITEFISH RIVER FIRST NATION  
COMMUNITY CENTRE

FOR MORE INFORMATION CONTACT  
JAKE PAKOSIGAN AT 705-285-0671



## Pet Care & Tips

Meow everyone!

Well, how is everyone coping with the hot weather we have been having? My cats and I are doing our best trying to stay cool. I usually have my air conditioner going by midday. Webby Debby, Empress Farrah, She-Pet Elizabeth and Fabio stay with me inside. The rest will go and lay down under the trees and brush on the side of the hill catching the cool breeze from the Bay. They all show up around supper time to get something to eat. I used to put a bowl of dry cat food for them on my front deck so they could eat whenever they wanted, but now I don't. I caught a Raccoon eating from the bowl one evening and as a result he has been digging out my geraniums from my containers on my deck. I used to put peanuts out for my pet Raven, Charlie, and his family but not anymore. Some of the peanuts fell into the flower containers and I think that's what this Raccoon has been digging out I guess. While riding around our village I noticed some homes with nice clean grounds, gardens and flowers in containers. It is nice to see some of our villagers take pride in their homes and grounds. It makes our community look beautiful and nice. Before my health got bad I used to work every day on my gardens and grounds, but now I have only three gardens in my backyard and the rest I plant in containers. It is easier for me.

### SOME CAT FACTS:

- The cat family split from the other mammals at least 40 million years ago, making them one of the oldest mammalian families.
- Feline eyes come in three basic shapes: slanted, almond-shaped and round.
- Biologists now classify domestic cats as an invasive species because it has adapted to a great variety of environments around the world. This also means they threaten local native species like birds and rodents.
- The Prophet Mohammed's cat, Muesso, is said to have been so pampered that, according to legend, Mohammed cut off his robe rather than disturb his cat that was sleeping on it.

Well, that is it 'till next time stay cool on these hot days and make sure you put out cool water for your pets. Watch out while driving on our roads and streets for pets. Visit our elderly, sick and shut-ins, have a visit and a nice little chat with them I am sure they will like it.

'Till next time, stay cool and safe.

Empress Farrah, Webby Debby and She-Pet Elizabeth. (The girl cats).

Luka, B.J., Tinker, Francis and Fabio. (The boy cats).

And me the Big cat,

**Dennis L. McGregor**



**WANTED**

**MINI-RAFFLE PRIZES**



**THE CUPBOARDS ARE BARE!**

**WRFN Minor Sports  
Needs Donations!**

For more information contact  
Jake Pakosigan at 705-285-0671.





## Message from Ogimaa Shining Turtle Sturgeon Clan, Anishinabek Nation

August is upon us and we are now fully into a very hot summer. During the summer solstice, our Administration completed the ceremonies to welcome summer and to appease our spirits of our lands upon the arrival of summer. We have much that has gone on over the last month including;

- a) New Elevated Storage Reservoir Construction
- b) Work on the Land Claim Trust process
- c) Election Code process
- d) Lafarge Agreement Process
- e) Daystar Camp
- f) Local summer camps for our kids
- g) Traditional canoe journey for our community
- h) New Daycare plans for Shawanosowe School
- i) Our Community Wellbeing work
- j) Attending the Chiefs of Ontario Gathering
- k) Attending the Assembly of First Nations Gathering
- l) Synthetic outdoor skating rink for our kids
- m) Upgraded fitness center for our adults

The priorities of Chief and Council continue to focus on three key areas;

- 1) Community Wellness
- 2) Education
- 3) Economic Development

We are unwavering in our efforts to move forward on Wellness. Well we are making incremental progress, much work remains to be done and no challenge is too big for our community to overcome.

Chief and Council see the benefits of increased communication by the Administration to share information with the community in a timely manner using our Rezound, Shawanosowe School Spirit, and with our approved WRFN social media tools. The Administration has taken concrete measures to make sure we can communicate effectively. I encourage everyone to read the Rezound, it gives you all the news (new and old) that is going on from month to month in our spectacular community.

***One investment that we can all make towards our best news, is to end the language or negativity and myriad of rumours and untruths, together! Let's begin by starting to repair our relationship. Let us rise as one to meet these defining challenges of our time, so that future generations, basking in the sunlit uplands of tomorrow, might thank us and say truly this***

***was their finest investment.***

We have two very significant major capital projects to update you on;

Everyone can now see the concrete pedestal that sits at 96 feet above ground. The water storage reservoir will be a 46 feet high and sit on top this concrete base. Things are really moving along with the construction for the New Elevated Storage Reservoir (ESR). The constructed and the work is on schedule. This \$ 3.3 Million dollar project will provide the community with a supply of water for a 50 year period.

Again, I wish to acknowledge Council for working with my office to continue to prioritize this important project.

With a lot of persistence and effort by Council, we have been successful in securing the funding to construct our new Daycare. The new Daycare will be added to the east side of Shawanosowe School and will bring all our education under one roof. This has been the plan since 2007 when the new Shawanosowe School was opened for our students. The new \$1.3 Million dollar project is a very exciting addition to the school system and fits into our 20 year community plan. Once again, I want to thank my council for working with my office to ensure that this project was realized.

In the coming weeks we will be celebrating our Annual Traditional Pow wow, Lafarge fish fry and of course the start towards returning

to school.

For now enjoy the summer, it is going by very fast.

***Find me on Twitter  
@ChiefPaibomsai  
or on Facebook  
Chief Shining Turtle***

*Celebrating 20 years!*

## Anishinabek Evening of Excellence

**ANISHINABEK LIFETIME ACHIEVEMENT AWARDS**

Each year the Anishinabek Nation 7th Generation Charity hosts a celebration to acknowledge and bring awareness to Anishinaabe citizens who have made a lifetime commitment to improving the quality of life on First Nations. We recognize these people as 'building blocks' to improving the lives of Anishinabek citizens and the Anishinabek Nation as a whole and we present these individuals with Anishinabek Lifetime Achievement Awards.

This year, we will be honoring the following individuals who have made a lifetime commitment to career, community, and the advancement of the Anishinabek Nation... Congratulations to all award recipients!

<b>Kettle &amp; Stony Point First Nation—Rudy Bressette Sr.</b>	<b>Leonard F. Pelletier—Fort William First Nation</b>
<b>Blinjitiwaabik Zaaging Anishinaabek—Timothy Hardy</b>	<b>George Shownoo—Kettle &amp; Stony Point First Nation</b>
<b>Alderville First Nation—John Mattson</b>	<b>Elizabeth Stevens—Nipissing First Nation</b>
<b>Whitefish River First Nation—Finian &amp; Lynn Paibomesai</b>	<b>Myrtle Swanson—Michipicoten First Nation</b>
<b>Whitefish River First Nation—Ogimaa Shining Turtle</b>	<b>Denise Restoule—Dokis First Nation</b>

**TICKETS**






Tickets are \$60.00 each. Deadline for purchasing is **August 8, 2018**. Tickets will not be available at the door.






For more information or to purchase tickets contact the AN7GC office:  
Phone: (705) 497-9127 or 1-877-702-5200 — Fax: (705) 497-9135 — Email: [an7gc@anishinabek.ca](mailto:an7gc@anishinabek.ca)  
1 Migizil Miikan, P.O. Box 711, North Bay, ON P1B 8J8

**August 15, 2018**  
**Casino Rama — Silvernightingale Ballroom**  
6899 Rama Road, Rama, ON

To learn more about the Anishinabek Nation 7th Generation Charity (AN7GC)  
please visit our website at [www.an7gc.ca](http://www.an7gc.ca)  
Registered Charitable #905952471 RR0001

Special thanks to our partners



**ADMINISTRATION OFFICE: (705)-285-4335**

NAME	JOB TITLE	EMAIL
Franklin Paibomsai	Chief	chief@whitefishriver.ca
Art Jacko	Band Manager	ajacko@whitefishriver.ca
Leslie Recollet	Executive Assistant/Council Clerk	lrecollet@whitefishriver.ca
Esther Osche	Trust Coordinator	eosche@whitefishriver.ca
Danielle Pregent	Receptionist	receptionist@whitefishriver.ca
Emma Recollet	Ontario Works Administrator	emmar@whitefishriver.ca
Jacinta Shawanda	Education Manager	jshawanda@whitefishriver.ca
David Shawanda	Finance Director	daves@whitefishriver.ca
Brian McGregor	Finance Assistant	brianm@whitefishriver.ca
Theresa Recollet	Finance Clerk	theresar@whitefishriver.ca
Zach Shawanda	Finance Assistant	zshawanda@whitefishriver.ca
Georgina Recollet	Housing Manager	georginar@whitefishriver.ca
Kim Landrie	Tenant Counsellor	kiml@whitefishriver.ca
Kathleen Migwanabi	Lands Manager/IRA	kathleenm@whitefishriver.ca
Murray McGregor Jr	Plant Manager	murraym@whitefishriver.ca
Keith Nahwegahbow	Economic Development Officer	keithn@whitefishriver.ca
Tania Jacko	Community Energy Advisor	energyadvisor@whitefishriver.ca
Raymond Francis	Band Representative	rayf@whitefishriver.ca
Tammy Nahwegahbow	Rezound Editor	rezoundeditor@whitefishriver.ca

**HEALTH CENTRE: (705)-285-4354**

Leslie McGregor	Health & Social Services Manager	lmcgregor@whitefishriver.ca
Cathy McGregor	Health Centre Receptionist	healthreception@whitefishriver.ca
Doreen Jacko	Community Health Representative	doreenj@whitefishriver.ca
Genny Jacko	Mental Health & Addictions Worker - NNADAP	gennyj@whitefishriver.ca
Michael Aelick	Mental Health & Addictions Worker - NNADAP	maelick@whitefishriver.ca
Candice Assinewe	Community Wellness Worker	candicej@whitefishriver.ca
Crystal Clark-McGregor	Community Mentor (Right to Play)	righttoplay@whitefishriver.ca
Arlene Pitawanakwat	Child & Family Well Being Coordinator	arlenep@whitefishriver.ca
Gail Jacko	Food Security Coordinator	gailj@whitefishriver.ca
Winnie Paibomsai	Food Security Assistant	wpaibomsai@whitefishriver.ca
Cliff Jacko	Medical Transportation Driver	medtrans@whitefishriver.ca

**SHAWANOSOWE SCHOOL: (705)-285-1311**

Cheryl Miller-Martin	School Principal	principal@shawanosowe.ca
Cara McGregor	Administrative Assistant	admin@shawanosowe.ca
Lisa Cutler	Grade 5-6 Teacher	lcutler@shawanosowe.ca
Rick Legrow	Grade 3-4 Teacher	rlegrow@shawanosowe.ca
Tiffany Gagan	Grade 1-2 Teacher	tgagan@shawanosowe.ca
Victoria Meuleman	JK/SK Teacher	vmeuleman@shawanosowe.ca
Sarah Oliver	Special Education Resource Teacher	soliver@shawanosowe.ca
Cindy Pitawanakwat	Education Assistant	educationassistant1@shawanosowe.ca
Bonnie Nahwegahbow	Education Assistant	bnahwegahbow@shawanosowe.ca
Tracey Megwanabe	Education Assistant	educationassistant2@shawanosowe.ca
Jessica Reynish	Education Assistant	jreynish@shawanosowe.ca
Danielle Caicco	Education Assistant	dcaicco@shawanosowe.ca
Nicholas Francis	Education Assistant	nicholasf@whitefishriver.ca
Danette McGregor	Native Language Teacher	dmcgregor@shawanosowe.ca

**MAAMWE KENDAASING CHILD CARE CENTRE: (705)-285-7777**

Cheryl Shawanda	Supervisor/Educator	daycare@whitefishriver.ca
Dolores Pitawanakwat	Pre-school Educator	doloresp@whitefishriver.ca
Jo-Ann Recollet	School/Cultural Educator	joanner@whitefishriver.ca
Cindy Tarr	Toddler Educator	cindyt@whitefishriver.ca
George Eccleston	Educator	georgee@whitefishriver.ca
Blanch Recollet	Cook	blancher@whitefishriver.ca

**LIBRARY: (705)-285-1888**

Evelyn Jacko	Librarian	evelynj@whitefishriver.ca
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## August 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Community Calendar</b> 			<b>1</b> Creator's Garden Comm. Centre - 9am Grand Opening! Fitness Centre - 12pm 	<b>2</b> Pow Wow BBQ Lunch Fundraiser Elders Centre MOW's Texas Horseshoes (1:30-3) BI Hiltmen 7pm - Ball Field BINGO	<b>3</b> Elders Centre Vamps for Moccasins w/ Debbie Shawanda	<b>4</b> BINGO
<b>5</b> AA Meeting	<b>6</b> WRFN Offices Closed BINGO	<b>7</b> Elders Centre Soup & Sandwich Crafts-1:30-3pm	<b>8</b> Elders Centre Board Games/Puzzles (1-3)	<b>9</b> Pow Wow BBQ Lunch Fundraiser Elders Centre MOW's Texas Horseshoes (1:30-3) BINGO	<b>10</b> Elders Centre Vamps for Moccasins w/ Debbie Shawanda	<b>11</b> Presentation of First Draft of the Custom Election Code 9am-12pm Community Centre BINGO
<b>12</b> AA Meeting	<b>13</b> Elders Centre Drop-In Tea & Coffee BINGO	<b>14</b> Elders Centre Soup & Sandwich Movie/Popcorn 1:30-3pm Working C&C Meeting Sticks & Stones Workshop 6pm-8pm Comm. Centre	<b>15</b> Elders Centre Card Games (1-3) Lafarge Fish Fry Noon - Lafarge Pavilion 	<b>16</b> Pow Wow BBQ Lunch Fundraiser Elders Centre MOW's Elders Prize Bingo (1:30-3) BINGO	<b>17</b> Elders Centre Vamps for Moccasins w/ Debbie Shawanda Housing Bundle Clinic 10am-3pm Council Chambers	<b>18</b> 25th Annual WRFN Pow Wow Sunshine Alley BINGO **Bingo will be cancelled in event of rain at Pow Wow.**
<b>19</b> 25th Annual WRFN Pow Wow Sunshine Alley AA Meeting	<b>20</b> Elders Centre Drop-In Tea & Coffee 12-3pm BINGO	<b>21</b> Elders Centre Soup & Sandwich Pokeno Game -1:30-3pm	<b>22</b> Elders Centre Painting - (1-3)	<b>23</b> Elders Centre MOW's Texas Horseshoes (1:30-3) BINGO	<b>24</b> Elders Centre Vamps for Moccasins w/ Debbie Shawanda	<b>25</b> Back to School Carnival BINGO
<b>26</b> AA Meeting	<b>27</b> BINGO	<b>28</b> Elders Centre Soup & Sandwich Texas Horseshoes 1:30-3pm	<b>29</b> Elders Centre Board Games/Exercises (1-3)	<b>30</b> Elders Centre Movies/Popcorn (1:30-3) \$ CHI-BINGO \$	<b>31</b> Elders Centre Vamps for Moccasins w/ Debbie Shawanda	

## Birthday Wishes!

Happy 11th Birthday to Alexis Crowe on August 23rd  
 Love Mom, Dad, Bryton, Christopher, Dakota, DJ & Luca

Happy Belated 1st Birthday to our granddaughter Aurora on July 22!  
 Love Allien & Louanne and your Uncles Dryden and Mason

Sending Birthday Wishes to my nephews;  
 Wesley on August 20th and Brayden on August 25th.  
 Love V-a & Steve

Happy 50th Anniversary to our parents Elaine & John on August 24th, 2018!  
 Love, your Family

Happy Birthday to Alexis Crowe, Who turns 11 on August 23rd.  
 From Auntie, Uncle, Quintin, Aurora & Leo

Birthday wishes to Paige & Taylor, Who both celebrate in August!  
 From Helen & Joyce

Happy Birthday to my granddaughter Olivia who turns 4 on August 23rd.  
 Love Grandpa & Nana

I'd like to wish my granddaughter Soliel a very Happy 10th Birthday on August 14th.  
 Love ❤️ Nokimis

Happy 7th Birthday to my grandson Noah on August 26th!  
 Love ❤️ Nokimis

Wishing my husband a Happy Birthday month! Happy Birthday Aaron on August 3, 2018,  
 Love, Leslie

Happy Birthday to Sista Pat on Aug 19th  
 Katt & Craig, Tracy & Cal, Dan

Wishing our Godfather Aaron a very Happy Happy Happy Birthday on August 3rd  
 XO XO Mikey & K.C.

Happy 6th Birthday to Austin (3:16) on Aug 5th  
 XO XO Sydney, K.C., Quintin, Aurora, Leo (300), Braxton, Braelyn, Nicole, & Mike

Happy 6th Birthday Austin on Aug 5th  
 XO XO Poppa Jim, Auntie Katt & Craig, Auntie Pat, Auntie Tracy & Cal

Happy Birthday Taylor on Aug. 11th  
 XO XO Uncle Craig, Katt, Syd, K.C., Nicole, Braxton 'n Braelyn

Happy Birthday to Auntie Pat on Aug 19th  
 XO XO Sydney, K.C., Nicole, Braxton, Braelyn, Quintin, Aurora, Leo, Austin & Damon

As former Manager of BICC, I want to thank the Board Members for allowing me to run the company and bringing it to where it is today.

Over the past 5 years, I have had the opportunity to work for and alongside many WRFN Band Members and Residents and I was happy to share my knowledge and guidance for the benefit of all.

I have decided to move on, into Teaching Basic Carpentry skills to others. Currently I am working on the West End in Zhiibaahaasing First Nation and things are going great.

I wish all the best to Francis McGregor and his friendly loyal crew; Joe Recllet, Andy McGregor, Gregor Jacko, and Diane Gaudette at the BICC Office.

My wife Jacinta encourages me to use Anishnaabemowin as often as possible so I say Gitchi-Miigwech!

~ Bill Moroz  
 WRFN Resident & Sheshegwaning Band Member.